

ABSTRACT OF THE DISCLOSURE

An exercise apparatus for doing a variation of a push-up exercise. The exercise apparatus includes a footing, a lower housing, a lower housing cap, a bearing element, and an upper platform. The footing 100 is attached to the lower housing and prevents the lower housing from rotating or laterally moving along a floor or other support surface. The upper platform rotates relative to the lower housing through the bearing element, which rests on the lower housing cap. The upper platform has either an ergonomical handle or a punch pad attached to it for an individual to utilize the exercise apparatus through.

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